

SIXTH ISSUE, 26,000 COPIES



# UNITY DAILY WORD

*A monthly manual of daily studies  
in Christian metaphysics.*

DECEMBER, 1924

“Christ be formed  
in you.”

10 cents a copy.      \$1.00 a year.

UNITY SCHOOL OF CHRISTIANITY  
Kansas City, Mo.

## I AM THE CHRIST

I am that in you that lives;

I am that in you that moves;

I am that in you that shines:

I am the Christ.

I am that in you that's lovely;

I am that in you that's unafraid;

I am that in you that's enduring:

I am the Christ.

I am that in you that's divine;

I am that in you that's holy;

I am that in you that's God:

I am the Christ.





# UNITY DAILY WORD

A monthly manual of daily studies in Christian metaphysics, issued the first day of the month by

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F. B. WHITNEY, *Editor*

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Christ is in and about us always, but we make him appear to the spiritually blind, only when we do a Christlike act. Whoso gives us a better understanding of life, brings us glad tidings, or even speaks an encouraging word, is for that moment the Christ to us—"the Word made flesh"—the most greatly to be desired accomplishment of mankind. We should look for him in every one we meet, even in the most depraved. He is there, and encouragement will help to bring him forth—the divine light—that is to guide us.—*The Runner's Bible*.

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## LESSON SUBJECTS

### *Dec. 1-6, Good and Evil:*

The Standard; Know Good to Explain Evil; Look to the Cause Side; The Law of Good; Give Evil no Recognition; Behold Good Where Evil Appears.

### *Dec. 8-13, Freeing Others:*

Willingness to Give Freedom; Your Power to Set Free; Point to Christ Within; Freedom to Walk Alone; Freedom from Sin and Sickness; Freedom from Personality.

### *Dec. 15-20, Scientific Christianity:*

An Exact Science; Does not Conform to the Intellectual; Scientific and Demonstrable; Divine Science Highest; Real and Unchangeable; Religion and Scientific Christianity.

### *Dec. 22-27, Christ in You:*

Look to the Christ; Nothing can Separate you from the Christ; Place of Contact; Birth of the Christ Child; Second Birth; Do all Things through Christ.

### *Dec. 29-31, The Old and the New:*

Cross out Mental Errors; Repentance and Forgiveness; Be Receptive to New Ideas.

The Sunday studies are suggested by the International Sunday School lessons.

The Bible quotations at the close of each lesson are taken from the American Standard version, unless credited otherwise. Quotations from Unity books are from the latest editions.

## MONDAY, DECEMBER 1

*Word for Today: Through the light of Christ I discern the good.*

That there is something wrong in our standard of good is evidenced by the variety of opinions in the world as to what is good and what is evil.—*Christian Healing*.

Today we compare the world's standard of good and evil with Christ's standard. It is more or less a comparison between the standard of morality and that of spiritual righteousness. When one becomes a metaphysician, his ideas of good and of evil undergo a change.

"Good" is synonymous with the true and the real. We are to think of a thing as being good, not because we think it gives us pleasure, but because it is in line with the principle of God. Love is good, not because we like it, but because of its relation to Being.

Without spiritual understanding, men differ as to what is good and what is not good. Knowing spiritual truth, all men unite in the same standard. Through the light of Truth they discern what is the good and the real and the true. A thing is untrue and unreal and not good because it does not comply with the spiritual laws. The Christ standard is the same everywhere and at all times.

"I will instruct you in the good and the right way."

## TUESDAY, DECEMBER 2

*Word for Today: Through studying the good I am able to see it everywhere.*

**To know about evil we must first become thoroughly familiar with the good.—*Christian Healing*.**

The best way to explain evil is from a consciousness of good; you cannot explain good by filling the consciousness with evil and the belief in it. Disease can best be explained by getting a full consciousness of health. Disease will then explain itself as an absence of health. Only through knowing a scientific law can you see wherein something falls short of the law.

Through studying the good you are not only able to detect where it seems to be absent but you are also able to manifest good where evil formerly seemed to exist. Through understanding the laws of Jesus Christ, you can see where the law has not been applied and needs to be demonstrated. You cannot demonstrate health by studying disease and pathology. Your business as a demonstrator of Truth and health is to ignore the supposititious laws of disease.

Do not think that you need to investigate and unmask evil conditions in order to remove them. If you fill the consciousness with health, that alone will unmask and annihilate disease.

**"Through the law cometh the knowledge of sin."**

## WEDNESDAY, DECEMBER 3

*Word for Today: Looking to God, the source of all good, I establish good in all my affairs.*

We are to deal with the cause side, and we do this more effectively by keeping our thoughts busy in establishing the good than by looking for error.  
—Unity Correspondence Course.

If one busied oneself in studying the effect of negative thinking, he would soon find himself entirely in a world of adversity. Far better it is to study God as the cause or source of good and to know that error has no source in Truth. As long as you think that disease has any sort of science or philosophy, just that long will you sustain it in your consciousness.

When you think of God as cause you are at work in establishing only good in your life. When you know that there is no truth in anything but in God and his world of perfection, there can be nothing but God and perfection in your world. As long as you face the light you are not lost in the illusion of shadows.

Men have thought that error exists and have objectified it through their erroneous thought. In the absolute consciousness we know that God is All-in-all. Do not try to reason the why and the wherefore of adverse conditions. Think truth.

“In all thy ways acknowledge him.”

“Set your mind on the things that are above.”

## THURSDAY, DECEMBER 4

*Word for Today: Through understanding the law of God, I manifest my good.*

The principles that you mentally perceive as true of God, are inviolate, and if there seems to be error in their outworking it is because of some misapplication on the part of the demonstrator.—*Christian Healing*.

Failing to apply spiritual principles, men live in error conditions. Not grasping the mathematical side of Truth, they compute wrong'y. The product of their wrong thinking is disease and inharmony. If you understand a mathematical law you do not blame it for your miscalculations.

You put your religion on a scientific basis when you know that it is backed by laws which always bring good results. When you know the law of health, you can always apply it and get health. Jesus knew so well the spiritual truth about man and the laws governing this truth that he could apply the truth at any time and cause health to manifest.

Error, or evil, is the phenomenon that appears when man fails to know the spiritual truth about himself. It is objectified as lack of harmony, health, love, and as a myriad of other lacks.

“My people are destroyed for lack of knowledge.”

“The law of Jehovah is perfect, restoring the soul.”

## FRIDAY, DECEMBER 5

*Word for Today: I behold good as all that can be true in my life.*

Take no account of the evil that appears in your life and affairs. Refuse to see it as evil.—*Christian Healing*.

Those who give much thought to the power of thought have yet to learn of a greater power—the power of vision; not a thinking, but a beholding. The things that in the deeper recesses of your being you behold as true are the things that are real to you in your life.

The mists of belief in evil clear away before the light of Christ. Practice seeing good. Instead of giving recognition to limitations, behold perfection. Discipline yourself to react quickly to a picture of adversity by seeing clearly the presence of God in perfect fullness.

When you discern the spiritual truth about man and behold him in his divinity, the inclination to see him as limited and diseased falls away from you. Never think about, see, or discuss limitations. Keep in your mind's eye the perfect vision of man as whole and perfect. Give men this clear vision of themselves and thereby help them to awake to their wholeness. Be the one who arouses, encourages, and inspires others. See them as more perfect than they have ever thought themselves to be.

“Thou shalt not see evil any more” (A. V.).

## SATURDAY, DECEMBER 6

*Word for Today: Looking past the seeming, I behold God's presence.*

No matter how evil any circumstances may seem . . . God—good and good alone—is real there when you call his law into expression.—*Lessons in Truth*.

Penetrate the seeming presence of inharmony and behold the presence of peace. Jesus was thought to be a magician because he saw casks of wine where others saw emptiness and lack. He beheld plenty and fullness and abundance. Look beyond the distorted picture and see the real.

Today practice looking beyond the seeming picture of disease and failure, and see the picture of health and plenty. It is there. You will attain a consciousness in which it is quite easy for you to behold the real and call it into manifestation. Have you ever silently listened to the recital of a long tale of woe and then seen the patient suddenly brighten up and heard him say: "Something has changed in me and I feel as if I were healed now"? He has exchanged his thought about himself for your own more acceptable vision of him. His consciousness has accepted your Christlike vision of man, and the truth has healed him.

"If I make my bed in Sheol, behold, thou art there."

"Surely Jehovah is in this place; and I knew it not."

## SUNDAY, DECEMBER 7

*Word for Today: I rejoice to see the eyes of men opened to the healing ministry of Jesus Christ.*

The pure doctrine of Jesus Christ has never been popular with those who like formality and rites in religion.—*Christian Healing*.

When Jesus healed the blind man, the Jews were not in the least interested in the marvelous healing. As Jesus did not follow Jewish customs, the Jews looked upon him as not of God, as a man whom they did not know and as one who could not teach them or demonstrate Truth for them. The man who was healed through spiritual treatment had his attention directed to the example of the holy man Jesus, who practiced his religion, and that of the Jews who condemned him.

The minister and the physician, both of whom once opposed Christian healing, have had their eyes opened to the works of Christian healing and are now referring patients to the metaphysical healers who are doing the works of Jesus Christ.

Let us rejoice to see the world-wide recognition of Christian healing. Let us give thanks that the eyes of those who have been blind to spiritual healing have been opened by the light of understanding. Do not be discouraged in your healing ministry. Let your light shine forth, knowing that your works will attest to Truth.

“By their fruits ye shall know them.”

## MONDAY, DECEMBER 8

*Word for Today: I set all people free from my personal opinions.*

One of the surest signs that a person is no longer in bondage himself is his willingness to give others their freedom.—*Miscellaneous Writings*.

Man is really free when his consciousness of freedom extends to granting freedom to others. Then he is willing to free them from any bondage to his own personal views. He is willing to loose them from his tendency to have them act according to his own dictates. This is the outward sign of his consciousness of freedom.

Holding another to the belief that he should act as you think shows that you believe he cannot think well for himself. It shows that you believe he should look to a personal guidance instead of to his own indwelling Spirit. If you would be free from bondage to beliefs of other men you must grant other men their freedom from bondage to your beliefs.

If you feel in bondage to the opinions of other people, you can help yourself by beginning to free others from your opinions. You will have more friends when people begin to know you as one to whom they are not under bondage. A consciousness of Truth frees; it encourages individual expression.

“And now, behold, I loose thee this day from the chains which are upon thy hand.”

## TUESDAY, DECEMBER 9

*Word for Today: I exercise my God-given power to set men free.*

*I have in my hand health to give the sick . . . freedom to give those in bondage . . . it only needs that I keep the hand open for all good gifts to flow out.—Miscellaneous Writings.*

To set men free, you must realize that you have the power to set them free. You must know that God works through you to help another to behold his good. You must feel that through the great universal truth you are inseparably connected with all men and can arouse them to a consciousness of their own inherent freedom.

When one presents to you the appearance of disease, bestow health upon him. Let the hand of God, your hand, be a hand of blessing. Silently say to one, "I give you peace;" and, to another, "I give you joy and freedom."

Free people from their adverse beliefs about themselves and, instead, raise them to the Christ consciousness. Set them free from preconceived ideas that you have had about them and see them today free to express the highest in all things.

In consciousness take away the sins that man has heaped upon himself and see him in the light of Truth, set free.

"Whose soever sins ye remit, they are remitted unto them" (A. V.).

## WEDNESDAY, DECEMBER 10

**Word for Today: *The indwelling Christ is man's guide and deliverer.***

Now you are trying to have your friend enter in through your door. He must enter in through his own Christ.—*Miscellaneous Writings*.

Point men to their own indwelling Christ. Take away their inclination to lean upon others, to depend upon personal props; give them a knowledge of Christ within.

Back of all existence is the word of divine authority. It alone can properly direct. Teach men to look for and to listen to this word. It will make their ways plain and easy.

A man's consciousness of spiritual truth is his only hope for guidance and deliverance. Truth alone frees from misconceptions and from bondage to ignorance. It alone can show which is not the way and which is the true path.

One enters heaven, complete harmony, not through the way of another, but through his own spiritual consciousness. His consciousness of Christ in him must guide and direct him.

Jesus Christ gave mankind the emancipating Truth. He pointed men to their own indwelling Christ. He showed them the way by showing them the power of their own indwelling Spirit. They follow Jesus when they follow their own Christ.

"Thine ears shall hear a word behind thee, saying, This is the way, walk ye in it."

## THURSDAY, DECEMBER 11

Word for Today: *I see all men walking with Christ.*

The time of his walking alone with his own indwelling Christ, his own true self, will depend largely upon our letting go of him.—*Miscellaneous Writings.*

To see your dear ones walking with Christ is also to see them free from following other leadings. Many times relatives feel that one is being led away by evil influences. They only need to see instead that he is being led in the right path by following Christ. If you hold the idea that one is being led by an influence other than good, you cannot hope to lift him to a higher consciousness.

You cannot live another's life for him. If you could do so, it would not be necessary for him to have a life. Give him freedom to walk alone. The closer to you he is in your life, the more you need to release him and the more helpful you can be by holding him in the thought of freedom. If he shows that he has not found his Christ, it is an excellent reason why you should not direct him away by expecting him to follow you. You can encourage one when you have directed him to the new life, but be sure that what you do is free from personality and bondage.

"For freedom did Christ set us free: stand fast therefore, and be not entangled again in a yoke of bondage."

## FRIDAY, DECEMBER 12

*Word for Today: Through me, the voice of God speaks the healing word.*

When desiring to speak the word which will deliver another from the bondage of sickness or sin or sorrow, "wait thou upon God," and exactly the right word will be given you, and power will go with it.—*Lessons in Truth*.

When you are called to speak the healing word for another, wait for the voice of Spirit. You will find that just the right thought will come to you to be conveyed to the one to whom you are ministering. It will clear the consciousness of the one for whom you are praying and will release him from the claim of disease.

You have power to free men from disease through speaking the healing word. You have power to free them from sin by speaking the word of light, purity, and holiness. Give them their freedom from sin and disease by giving them a consciousness of themselves as whole and perfect.

Men are in bondage to sin and sickness because they are in bondage to their false beliefs until the freeing power of Spirit releases them. You have power, through speaking the right word, to dispel false beliefs and to establish spiritual truth in their consciousness. Wait upon God, hear his word, speak his truth.

"Being made free from sin, ye became servants of righteousness."

## SATURDAY, DECEMBER 13

*Word for Today: Through Christ, men are free from fear of each other.*

Learn to sever yourself from those around you. Practice this, and soon you can be as much alone with God in the street or in a crowded room as you could be in the wilds of a desert.—*Miscellaneous Writings.*

Wherever you are, whether in the midst of a crowd or in the company of one person, know that you are unattached to any personality and alone with God. This will free you from all fear of other people. It will help you to free others from fear, from stage fright, from cowardice.

Free men from the fear of people, and you free many of them from disease. Give them courage by removing the illusion of fear of personality. Give them courage by showing them that in Truth they stand in the majesty of their own indwelling Christ and in the presence of God.

When one is afraid of another it means that he is afraid that the other has a consciousness more masterful than his own. Show him that he is not under obligation to the thoughts of any one else; that he can always rise to the consciousness of his indwelling Christ and lift himself out of any belief in bondage and limitation; show him that he is not limited by people but by the fear that he entertains.

“Be not afraid of their faces: for I am with thee to deliver thee, saith the Lord” (A. V.).

## SUNDAY, DECEMBER 14

*Word for Today: Lifting my eyes to the Christ, I behold life as eternal.*

Jesus, at the raising of Lazarus, first "lifted up his eyes." . . . to fulfill the whole law of manifestation we must *speak* life into visibility.—*Christian Healing*.

We read of many instances of Jesus' having "lifted up his eyes" when he prayed. When he "lifted up his eyes" he raised himself in prayer to that high realm of consciousness wherein one may give thanks that his prayer is answered.

Lazarus, asleep in death, was aroused to a consciousness of life because of Jesus' powerful realization of eternal life. We find that we can arouse our own selves from inertia and lifelessness by lifting our vision and speaking words of life.

Say to your health, "Come forth." Speak your word with Christ authority and give thanks that life and health are manifest. Speak words of life to various parts of your body consciousness. Put back of your word such a spiritual command that there can be no resistance to your divine authority.

Through your consciousness of the life of God vitalize yourself so completely with life that you cannot think of or recognize death.

"Jesus lifted up his eyes, and said, Father, I thank thee that thou hearest me. And I knew that thou hearest me always."

## MONDAY, DECEMBER 15

*Word for Today: The laws of God are exact and scientific. All my affairs are under divine law.*

*The church of Jesus Christ is an exact science.—Christian Healing.*

In studying the scientific character of Christianity we observe the exactness and accuracy of the laws upon which it is founded. We are willing that our own affairs should be under the scientific law of Christ, in order to be assured of harmony and order.

Men often marvel that the scientific nature of religion has escaped them so long. Definiteness and exactness of principles and laws are most desirable; it is a happy assurance to know that one can coöperate with the divine law in all his affairs.

Apply divine law to your affairs and you are assured of prosperity just as you are assured of the working of mathematical laws when you apply the principles of addition and multiplication.

Jesus established a science so accurate and so dependable that we have definite laws of scientific Christianity and the assurance of definite results. Science is knowledge. Spiritual science is spiritual knowledge, based upon spiritual principles.

“Thou shalt teach them the statutes and the laws, and shalt show them the way wherein they must walk.”

## TUESDAY, DECEMBER 16

*Word for Today: Through spiritual understanding I perceive the scientific principles of Jesus Christ.*

The Science which is here set forth is founded upon Spirit. It does not conform to intellectual standards, but it is, nevertheless, scientific.—*Christian Healing*.

Man can understand God. He can perceive the very principles of being, but this perception must be spiritual. He cannot, however, weigh spiritual things by the standard of human thought. The wisdom of Spirit is for those who are mature in consciousness.

Many scientists fail to recognize Christianity as scientific because they would test it by what materialists call scientific rules. Jesus made such a vigorous application of his science that he could annul the so-called material laws. His consciousness of the fourth dimension annulled the appearance as seen on the plane of three dimensions. Where, according to physical laws, there was lack, he manifested a abundance through his scientific understanding of spiritual law.

When appearances are unfavorable, look at things according to the Christ method. Get the spiritual understanding and perceive them as they are in Spirit.

"We speak wisdom, however, among them that are fullgrown: yet a wisdom not of this world, nor of the rulers of this world."

WEDNESDAY, DECEMBER 17

Word for Today: *Through Christ I demonstrate the perfect law of God.*

There is a science in Christianity, and it is only through the understanding of this science as a fundamental of Christianity that the latter can be fully demonstrated in the life of man.—*Christian Healing.*

Accent the demonstrability of the teachings of Jesus Christ. Know that the science is demonstrable; it works at all times and in all places. The metaphysician is a Christian who applies his philosophy, demonstrates his science. There is nothing personal about the works of Jesus. He but applied universal principles, such as may be demonstrated by any one. You may know a practical Christian by his ability to make practical application of the laws of Jesus Christ.

Jesus did not think of his religion as a system of theological speculations. Christianity would be nothing if it were not accurate and scientific. If Christianity were not something that men could confidently apply in their everyday lives, it would be foolish to give time to its study and money for its propagation. Understand the teachings and put them to work.

"And my speech and my preaching were not in persuasive words of wisdom, but in demonstration of the Spirit and of power: that your faith should not stand in the wisdom of men, but in the power of God."

## THURSDAY, DECEMBER 18

*Word for Today: I place the law and science of God ahead of every law of man.*

Christianity is a science because it is governed by scientific principles of mind. These principles are really the foundation of all the various sciences, but they are secondary, while divine science is primary.—*Christian Healing*.

All the so-called sciences of mankind are but off-shoots of the one true science. The only truth in them is that which they have in common with spiritual truth. The truth of God must be kept uppermost in mind, and worldly sciences should be recognized only to the extent to which they conform to truth.

One must watch that he does not in any way place himself under material laws, if he hopes to live according to that higher science which recognizes no limitations. Jesus overcame the physical laws of gravitation, disease, and death, because he was not bound in consciousness by belief in their power. His consciousness was given to the one science beyond the confining limitations of physical science.

Many people do not grasp the science of God because, to them, it does not coincide with things as they appear. They need to understand divine science first, then make things measure up to it.

“So are my ways higher than your ways, and my thoughts than your thoughts.”

## FRIDAY, DECEMBER 19

*Word for Today: I rejoice in the unchangeable law of God and know that it works for me at any time.*

The only real science is the science of Spirit. It never changes. It is universally accepted by all who are in the Spirit, but it is necessary to be "in the Spirit" before it can be understood.—*Christian Healing*.

God's laws and principles are unchangeable and unvarying. They constitute a definite science because they can be applied by any one at any time and under any conditions. It is only necessary that the science be understood, spiritually discerned, and its principles applied. Those who are in Spirit appreciate the working of Spirit according to unchangeable law. Those who are not in Spirit fail to comprehend the scientific action of Spirit.

If you do not easily demonstrate spiritual laws, get into Spirit. Go into that inner consciousness wherein you recognize no law but the unchangeable law of God. Change your own mentality if necessary but do not expect to change unchangeable laws. Get into that deeper consciousness in which you are one with Spirit, one with the activity of spiritual law. Rejoice that no law but the unvarying law of Spirit can operate for you.

"But the natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned" (A. V.).

## SATURDAY, DECEMBER 20

*Word for Today: I rejoice to see the world-wide acceptance of scientific Christianity as the religion of man.*

As a rule, religious people are not scientific. They think that religion and science are separated by a gulf and that the scientific mind is dangerous.—*Christian Healing*.

The Truth student visions the inevitable acceptance of spiritual truth, the science of Jesus Christ, as the universal religion. One sees that the ever increasing freedom from ignorance and superstition will cause man to look for a religion which is practical and scientific.

Men take up the study of business psychology because they find in it something which has been denied them in their study of religion. The age demands results. Christianity has not failed; men in the past have failed to see that it actually works. The consciousness of man today demands a religion which is more than a religious faith or a system of theology. If a man's religion does not make him more youthful, more healthy, more harmonious, and more prosperous, he had better exchange his religion for scientific Christianity.

No prejudice or opposition can stand against the establishment of spiritual truth because the very presence and power of Jesus Christ is putting spiritual truth into the hearts of men.

**"We know that the law is spiritual."**

## SUNDAY, DECEMBER 21

*Word for Today: I welcome the presence of Christ.*

The Creator of the universe is no respecter of persons. There are no favorites in his creation.

... There must be an incoming of this divine Son of God to our conscious minds. This incoming will depend upon our faithfulness.—*Miscellaneous Writings.*

Although Zacchæus was not considered to be popular with his neighbors, he found favor with the Master. Jesus selected his home as the place in which he would be entertained. The mighty Son of God came in and abode with Zacchæus.

We receive the Christ consciousness, not through our popularity or because of what men think of us. We may be small in stature like Zacchæus, but if we seek the higher view we find the Christ and the Christ finds us.

The mission of Jesus was to seek those who needed his message and to raise them to a higher consciousness. We too are to be ready with our message and give it to those whose need is greatest.

Realize that Christ has now come to your consciousness. Commune with him in the sanctity of the inner closet. Appropriate spiritual bread and wine in his presence. Be at one with him.

"If any man hear my voice and open the door, I will come in to him, and will sup with him, and he with me."

## MONDAY, DECEMBER 22

*Word for Today: Turning from things of the outer. I turn to my indwelling presence of Christ.*

Jesus kept his eyes away from the external, altogether, and kept his thoughts at the central part of his being, which was the Christ.—*Miscellaneous Writings.*

The solution to all our problems comes not by our looking at external appearances but by our seeing things from the high consciousness of the inner. We behold things not from the standpoint of our personal opinions but from the viewpoint of the Christ truth within us.

When the illusion of the outer does not meet your approval, establish yourself within and view things from Principle. That something which made Jesus master is also inherent in you. The possibility of Christhood is for you as much as it was for Jesus. But you must recognize the Christ in you and live in it and be it. Your Christhood is your identity with God, your Father. You become like that with which you identify yourself. When identified with Christ within you, you are master of every situation.

See yourself and all things in your world from the viewpoint of Christ within. Set your world right by bringing it up to the standard of Principle.

"Greater is he that is in you than he that is in the world."

TUESDAY, DECEMBER 23

Word for Today: *Nothing can come between me and Christ within.*

No circumstance, no person or set of persons can by any possibility interpose between you and the Source of your life, wisdom, or power. It is all "hid with Christ [the innermost Christ or Spirit of your being] in God."—*Lessons in Truth*.

When you know that nothing can come between you and Christ within, when you perceive that no person or thing can keep you from entering the Christ consciousness, then you are on the way to mastership. Think of your Christlikeness as absolutely true; then you will know that, regardless of the personal situation, nothing can change this truth.

You may know that you are looking away from the Christ consciousness when you give any thought to the belief that people or events can affect you. Clear up a situation of this kind by realizing that you deal only with beliefs, never with people or things.

Man is created free and masterful. Nothing has power over him. He is powerful because the Christ in him is power and might. Your life is hid with Christ in God. If you are knowing spiritual truth, nothing can keep you from realizing your Christhood.

"As the truth of Christ is in me, no man shall stop me of this glorying."

## WEDNESDAY, DECEMBER 24

*Word for Today: In the secret place within, I make conscious union with Christ.*

It is a secret place because it is the place of meeting between the Christ at the center of your being and your consciousness.—*Lessons in Truth.*

In the innermost depths of being, man makes contact with the divine. The farther away man has lived from the center, the farther in he must go. To reach the center he must still every external emotion; he must silence every belief in external powers. He must realize that there is only the presence and power of Christ within him.

He is then ready to witness the birth of the Christ within himself, ready to see his own divinity come forth. In the secret place he makes ready for unity with the indwelling Spirit.

Those who look forward to celebrating the birth of Jesus should look to the birth of Christ, Christ in Jesus, Christ in man. Jesus made conscious union with the Christ in himself. He was continually calling man to turn to this divine spark within. Sometimes he called it the Father within. His whole teaching revolves around the one truth—making union with the inner spiritual power. He was continually calling men to turn to the secret place and to look to their spiritual power. All overcoming is done through following this teaching.

**"Christ shall be magnified in my body."**

## THURSDAY, DECEMBER 25

*Word for Today: This day the Christ child is born to my consciousness.*

At the very center of our being there is a something which, in our highest moments, knows itself more than conqueror over all things . . . It is the Christ child, the Son of God, the Anointed in us.—*Miscellaneous Writings.*

Make this day a holy one. Let the Christ in you come forth. Those who long expected the Messiah did not find him, because they looked outside themselves. The "Christ in you" gospel contains the greatest teaching that the world has ever known. Practical Christianity and metaphysical healing are based upon it.

Jesus overcame the things of the world through his realization of the power of Christ. He relied upon nothing but the Christ within. He had so brought forth the Christ nature that he could rely upon it at any time.

Today you should witness an actual bringing forth of your Christ child in your consciousness. You should prepare your consciousness for the event. You should not let any destructive thought come to consciousness.

Today we find the Christ in ourselves. We bring forth this presence and power in our consciousness and in our lives.

"Christ be formed in you."

"Christ is all, and in all."

## FRIDAY, DECEMBER 26

*Word for Today: My whole being is reborn, regenerated, and renewed through the presence of Christ in me.*

The first birth is the human—the consciousness of man as an intellectual and physical being; . . . the second birth is "putting on Christ." It is a process of mental adjustment and body transmutation that takes place right here on earth.—*Christian Healing*.

Being born again is that process whereby man no longer sees himself as human but perceives himself as spiritual. The spiritual idea is born in consciousness, and both mind and body are transformed and renewed.

The rebirth marks the time when man ceases to think of himself as limited. He recognizes his divine sonship. The experience may be spoken of as a birth because by it man becomes a changed individual and a new creature. He is converted from the false idea of himself to the true concept.

This regeneration causes the whole man to be renewed and revitalized. By it man puts on Christ; he clothes himself with the embodiment of his spiritual ideas.

You can renew and regenerate yourself at any time by turning within and letting the spiritual ideas express through you.

"Ye have purified your souls in your obedience to the truth . . . having been begotten again."

## SATURDAY, DECEMBER 27

Word for Today: *Unified with Christ within, I know that I can do all things.*

It was the Christ within which made Jesus what he was; and our power now to help ourselves and to help others lies in our comprehending the truth . . . that this same Christ lives within us that lived in Jesus.—*Miscellaneous Writings*.

You can do all things through Christ that lives in you. Because Christ is omnipotent, he who realizes that Christ works in him has all power.

You can help others by directing them to the power of their indwelling Christ. When helping another, always strive to make him independent of outside help. Teach him to rely solely upon his own spiritual powers.

This week's time has been well spent if you have grasped the truth of the immanent Christ. Behold the Christ in yourself and see it in all whom you contact. The redemption of man from the woes of adversity rests upon his getting the consciousness of Christ within. You help to redeem one from evil when you correct his thought and point him to Christ —within! Christ lives and reigns—within you!

“Christ in you, the hope of glory.”

“It is no longer I that live, but Christ liveth in me.”

## SUNDAY, DECEMBER 28

*Word for Today: I identify myself not with personality but with the Father within.*

The spiritual consciousness, or Christ mind, was quickened in him [Jesus], and through it he realized his relation to First Cause. When asked to show the Father, whom he constantly talked to as if he were personally present, he said: "He that hath seen me hath seen the Father."—*Christian Healing*.

Jesus' method was to identify himself not with personality, not with family relationships, not with personal situations, but with the Father within. He identified himself with First Cause, Principle, Father, Spirit, Law. He made this identification so pronounced that he became merged in it. He reached the place where he knew that he and the Father were one.

When any one had beheld Him as spiritual, had seen this spiritual union, that one had seen the Father within, with whom Jesus was unified. Jesus, having made this union, was the visible expression of the invisible spiritual nature.

When you see one who radiates love, you see the manifestation of inherent love, the indwelling God in him. When you behold the spiritual manifestation of man, you see the expression of Spirit back of him.

"He that beholdeth me beholdeth him that sent me."

"The Son . . . who is the image of the invisible God."

## MONDAY, DECEMBER 29

Word for Today: *I erase from consciousness all sense of limitation and affirm my power through Christ to accomplish whatever I undertake.*

We must cross out our errors and insert the truths, until our characters are brought up to the Jesus Christ standard.—*Christian Healing*.

It is most fitting that with the old year should pass away our old beliefs. An old person is one who clings to crystallized ideas. He is considered old because his ideas are old, stagnant, useless. He can renew himself at any time by renewing his consciousness, by accepting new and live ideas.

Erase from your mind all old ideas. Be willing to let crystallized ideas pass from consciousness. Be a Jesus Christ man and belong to the order of men who recognize themselves as one with Christ.

Check up on your beliefs. Those which are founded upon the old ideas of existence should be denied from consciousness. Take a firmer grip upon new ideas. An idea is new or old according to whether it is based upon Truth, or upon the old order of things. Let go of the old notions and recharge your consciousness with new and true ideas.

“Old things are passed away; behold, they are become new.”

## TUESDAY, DECEMBER 30

**Word for Today: *I forgive myself and others through the forgiving power of Christ.***

Repentance is a form of denial. The forgiveness of sin is an erasure of mortal thoughts from consciousness.—*Christian Healing.*

Today we wipe out personal feelings. Repentance is a change of consciousness, a turning away from a preconceived idea. It comes when one is converted to a new idea.

With the old year, let go of all personal feelings, all criticism of self, and all ill will toward others. Prepare yourself to enter the new year clean in heart.

Let the cares and worries and personal problems of the year fall from your shoulders. Forgive those whom you have accused of mistreating you. Forgive yourself. Free yourself. Be your true self.

Today enter the impersonal life. Be too impersonal in your consciousness to feel personal grievances. Solve the personal problem once and for all time.

The power of Christ in you is mighty to purify your consciousness of all personality and it is mighty to free you and all others from the old beliefs in personal injuries.

"Wherefore let us keep the feast, not with old leaven . . . but with the unleavened bread of sincerity and truth."

## WEDNESDAY, DECEMBER 31

*Word for Today: Through the Christ mind old beliefs are cast from my consciousness and I am receptive to new ideas.*

It is found that, by the use of the mind forces, man can dissolve things by denying their existence, and that he can build them up by affirming their presence.—*Christian Healing*.

Today dissolve any secret sins in your consciousness and purge your mind of all old ideas. Do you not want to enter the new year mentally free, clear, and clean? Give yourself a mental bath and a mental house cleaning.

Make yourself receptive to new ideas. Be mentally elastic, open-minded. Always be willing to entertain a new idea. Be ready to listen to another's ideas. Be open-minded, open-hearted.

The mind is renewed through new ideas. The renewal of the mind renews the body and the affairs. New ideas give life, youth, and joy. Never resist new ideas, new methods, new opinions. Better be too radical in giving a hearing to new ideas than be too conservative in holding to the old.

You have power through the Christ mind in you to renew yourself day by day. Each morning you can be a new creature. It all depends upon your willingness to be receptive to new ideas.

“But one thing I do, forgetting the things which are behind . . . I press on toward the goal.”

## WHEN CHRIST IS BORN IN ME

FRANCIS J. GABLE

When Christ is born in me  
My earthly pride is humbled low;  
Rich treasures of the Spirit glow  
About my life, that I may know  
    That Christ is born in me.

When Christ is born in me  
With radiance the heavens fill;  
Celestial voices o'er me thrill  
Of peace on earth, to men, good will—  
    When Christ is born in me.

When Christ is born in me  
His Spirit fills me through and through,  
And wakes in me a strength anew  
For greater works that I may do—  
    When Christ is born in me.

When Christ is born in me  
The clouds of darkness backward roll,  
Revealing life's God-written scroll  
And heavenly glory fills my soul—  
    When Christ is born in me.

When Christ is born in me  
I see the dawn of brighter days  
And I, in gratitude and praise  
Acknowledge him in all my ways—  
    When Christ is born in me.

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Though Christ a  
thousand times in  
Bethlehem be  
born,

If He's not born  
in thee, thy soul is  
all forlorn.---

Angelus Silesius.

